

WOMAN & PROGRESS - CIVIC & DOMESTIC

BRUSHES IN THE HOME

Where There Is No Vacuum Cleaner a Small Brush Is Indispensable—Brushes, Too, for Sinks, Silver, Basins, Rinsing, Pastry, Etc., Are Gaining in Favor.

We hear much these days about improved appliances with which the housewife may do her appointed tasks more easily and effectively than ever before. This is as it should be, for handy tools are just as essential in the home as in the workshop. Although some of the newer helps are complicated and costly, and out of reach of many homes, fortunately a greater number come within the means of the average householder.

There are countless useful brushes on the market, for example, bearing prices that by no means spell extravagance. They can be had for almost every kind of a household operation that can be mentioned. For various reasons, good brushes can be highly recommended for certain kinds of work. In that they reach out-of-the-way and otherwise inaccessible corners and nooks, they have a big advantage over cloths. In many cases they do the work more thoroughly, while not the least point in their favor is the fact that they keep the worker's hands immune from the roughest and dirtiest labor.

In the line of scrubbing brushes, there are both new types and developments of the old. The best kind of brush obtainable is made with reinforced ends, which lengthen its term of service twofold. By this is meant that the bristles (at either end) which receive the hardest wear are about a half-inch longer than those at the center. Besides being suitable for washing floors, a good clean scrubbing brush may be employed in cleaning rugs and carpets in combination with a rug soap that comes especially for the purpose. For coarser grades of work it is possible to get scrubbing brushes that, in place of the usual bristles, have broom straws. A scrubbing brush holder can also now be bought that eliminates stooping and backache to a great extent. It is fitted with a long handle, and is not unlike a mop stick in general appearance. It grasps the brush in a firm grip and will hold the drying mop in form. One particularly excellent scrubbing brush is triangular in shape, with a long handle, which moves in a ball-and-socket joint. This admits of easy manipulation, while the peculiar shape allows the brush to penetrate corners readily.

SINK BRUSH WELL KNOWN.

The sink brush is no novelty, but the one here shown deserves passing notice. The conveniently shaped handle makes it especially useful. The bristles are firmly wired into place. That the brush represents excellent returns for a five-cent investment nobody would question. Though meant primarily for cleaning sinks, it can be put to equally good use in washing the drip pan under the refrigerator.

REFRIGERATOR BRUSH A BOON.

Of the kitchen brushes, none is more important than the refrigerator brush. It is not only a handy, but a necessary, convenience. Without its help, the care of the ice-box drain-pipe becomes a difficult problem. Fitted as the brush is with a long, flexible wire handle, it can be forced through any pipe, whether the latter is removable or not. The bristles are durably woven into the double strands of the wire.

PASTRY BRUSH A REAL COMFORT

Before leaving the kitchen we must not forget to touch upon the pastry brush, which is gradually coming into general use among careful housekeepers and cooks. It can best be described as a small, flat brush of the paint brush variety, with soft bristles held tightly in position.

A brush which shed its bristles readily would, of course, cause untold annoyance. As its name implies, it is for greasing pastry tins and plates, though it can also be used for griddles, cake tins and waffle irons. The butter or lard used should first be warmed slightly.

Special silver and cut glass brushes are manufactured to-day. By reaching the dirt in the chased portions of the silver and deep depressions of the glass and removing the same they clean much more thoroughly than flannel.

FOR WALLS AND CEILINGS.

A brush of some sort for dusting walls and ceilings ought to come into frequent play in the well kept home. Some housewives prefer to use the ordinary broom protected by a hood of soft cloth, but this is more or less of an unsatisfactory makeshift. The many bristle brushes and dry mops that are sold for the purpose are better, but the wool brush shown in the illustration seems to combine the best features of all. To begin with, it is soft-fibred, and thus tends to attract and hold the dirt, rather than scattering it about. Again—and this constitutes the chief argument in its favor—it can be unwashed from its long handle, washed, dried and made as good as new.

RADIATOR BRUSH WORKS WELL.

The radiator brush is a valuable member of the brush family. Without it it is extremely hard to properly remove dust

and dirt from between the radiator sections, while with its help the radiator may be thoroughly dusted in a very few minutes. The brush is about two feet long, with a narrow row of single bristle tufts extending about one-quarter of this length. For dusting the horizontal parts of the baseboard and similar wood trim it is also useful when one is minus a vacuum cleaner.

CARPET SWEEPER CLEANER LOOKS SAVAGE.

The carpet sweeper cleaner is a comparatively new device. Strictly speaking, it is only partly a brush, for the wire teeth which are used to dislodge hairs, thread, and other obstinate material from the carpet sweeper brush are quite an important part of the outfit. The small brush is to supplement the work of the teeth by cleaning the interior parts of the sweeper after the loose dirt has first been emptied. The appliance is well worth the modest sum asked for it—25 cents.

FURNITURE BRUSHES.

There are furniture brushes galore of different shapes and sizes, but all manufactured with the same end in view—to dust carved and upholstered furniture where the ordinary cloth duster fails to do the work effectively. The bristles are invariably soft in texture that no harmful results may follow their use.

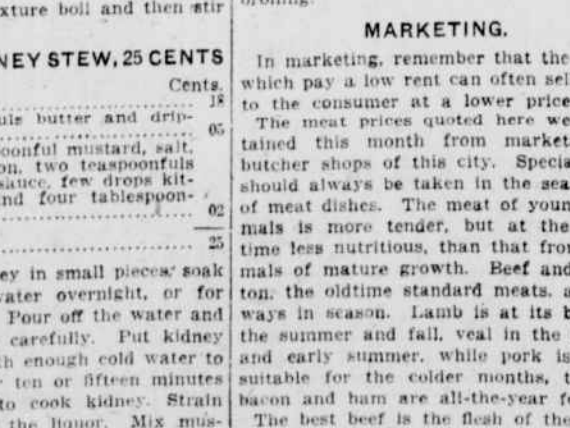
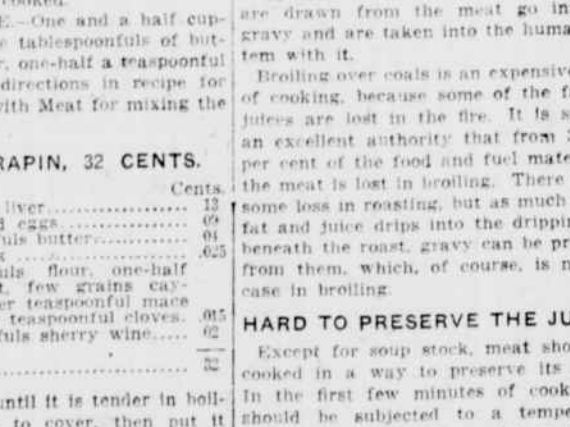
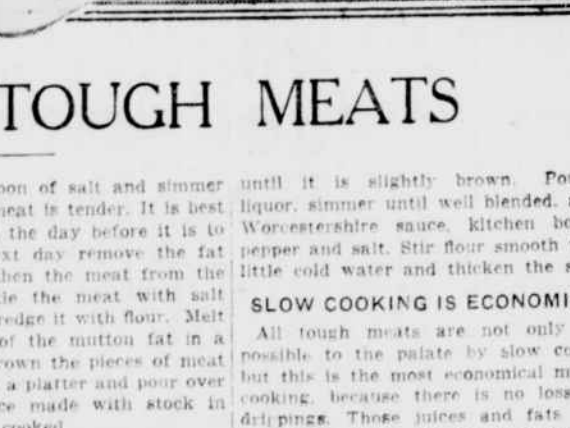
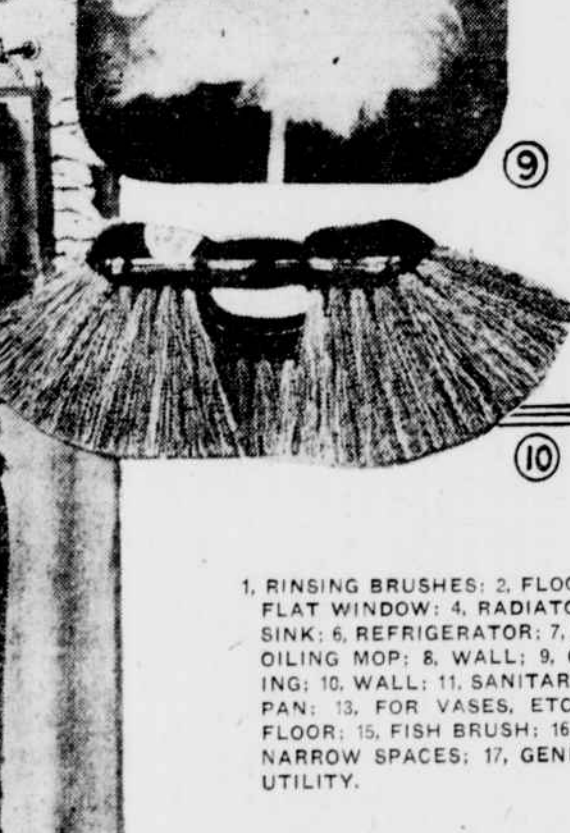
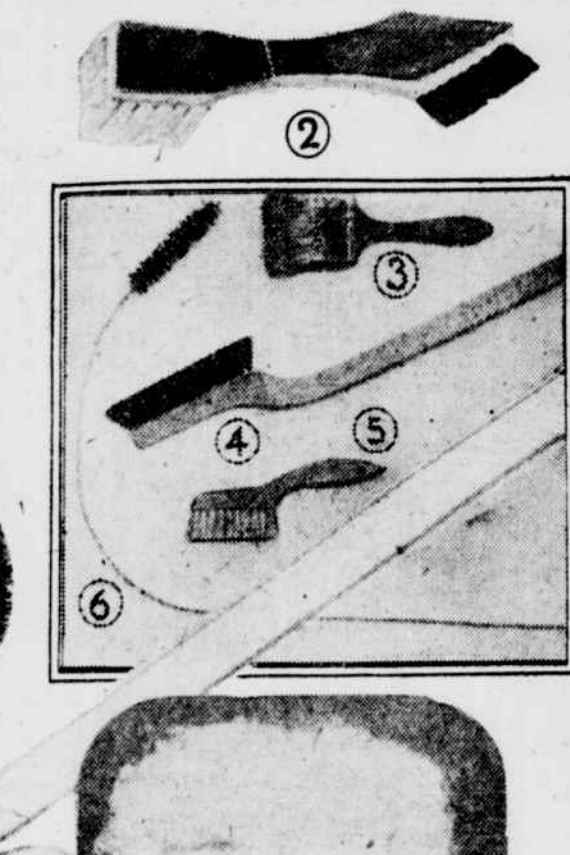
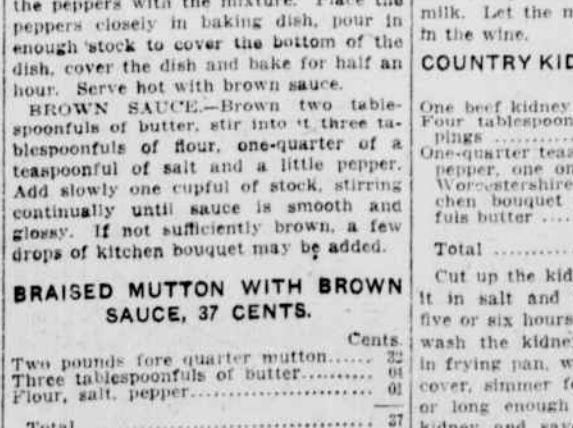
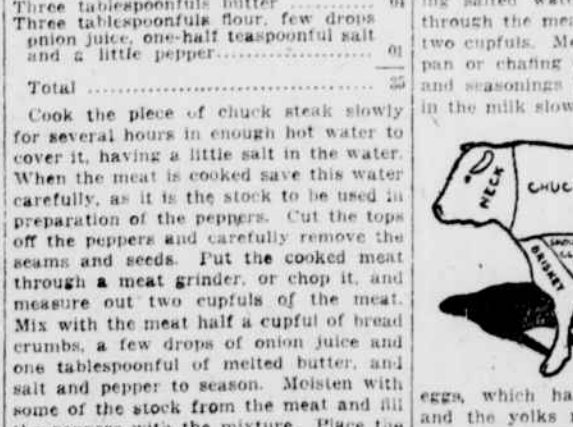
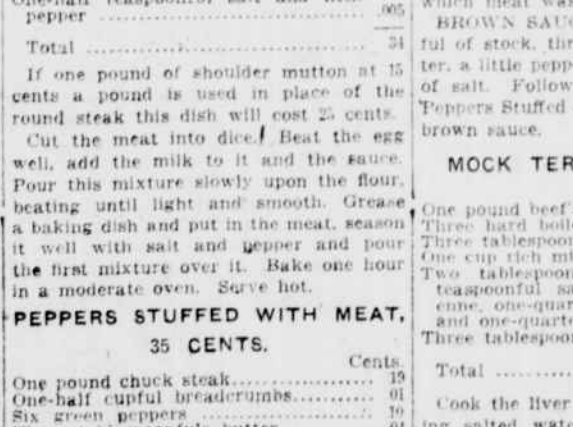
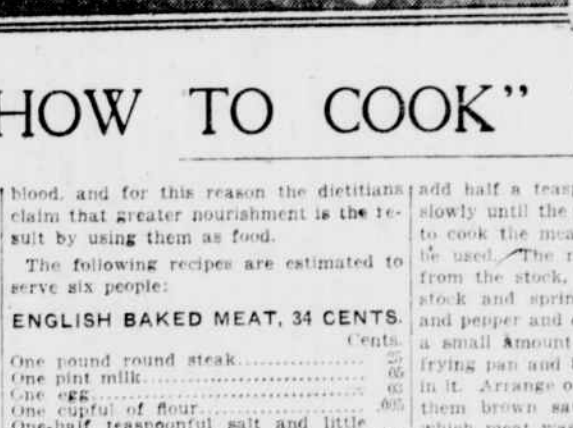
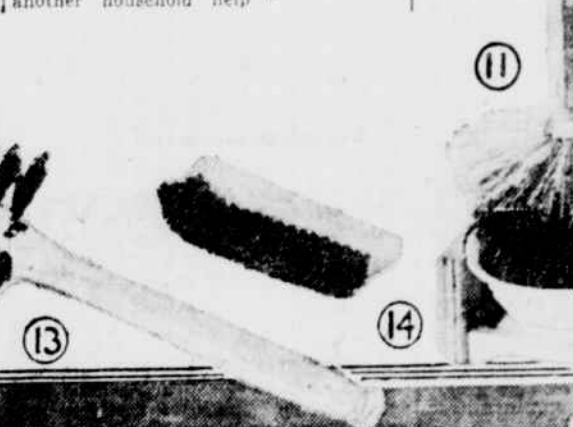
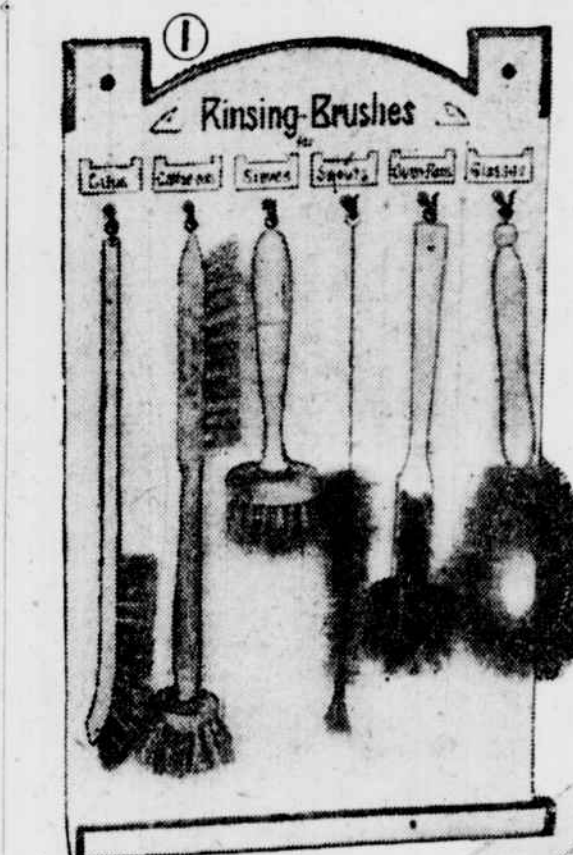
BRUSHES FOR PORCELAIN.

Entering the realm of the bathroom we may make use of a very practical brush known as the bathtub brush. It has a long handle and a slightly curved brush to conform to the rounded portion of the tub. The bristles are purposely soft and can be used with impunity upon the choicest porcelain or enameled surface.

The disagreeable task of cleaning the toilet basin is, to a great extent, lessened by the use of the toilet brush. It may be described as consisting of a substantial wooden axis, covered with several contiguous brushes of the type of the refrigerator brush. Provision is made for cleaning the bottom as well as the sides of the basin by the bristles being carried over the end of the axis.

However, there is a better device to clean the toilet, which consists of a metal tongue which grasps the cleansing paper, which is washed through the pipe afterward.

A word in conclusion about the care of brushes. Those which have to be wet in



MOVING DAY PLANS

If They Are Carefully Laid Some Time In Advance, the Preparation for Flitting Need Have No Terrors—Plenty of Barrels and Excelsior Will Be Required.

October 1, great rival of May 1 as the popular flitting day, is close at hand, and it behooves the housewife who is planning to move to think out her plan of campaign.

The labor and discomfort of moving house may be greatly lessened by preparing for the packing beforehand and going about the work methodically when the time comes.

STOCK OF BARRELS NEEDED.

A stock of barrels should be provided, also plenty of small packing cases in preference to fewer large ones; excelsior, old newspapers and strong cord.

China, bric-a-brac and all fragile articles carry best in barrels. To pack them, cover the bottom of the barrel with about four inches of excelsior. Lay in the larger articles first a couple of inches or so apart and fill in the space with more excelsior. Stack plates and platters together and stand them in the barrel on edge. Nest cups and saucers, also any other dishes that will pack into each other, and wrap them so that each nest appears as one solid article. Press excelsior into every crevice. Pack dishes and excelsior in alternate layers and shake the barrel occasionally to make sure it is packed firmly.

Excelsior about five inches deep should be at the top of the barrel. Before the barrel is put on a hoop should be taken off the barrel and replaced to keep the barrel firm. It will be well to label such barrels "Fragile."

Cut glass may be packed in the same way, but extra bed clothing, pillows and down cushions make even safer packing material than the excelsior and paper. Any valuable pieces of breakable ware can be carried in one's trunk among personal clothing. It should, however, be very carefully packed.

TO PACK PICTURES SAFELY.

Large pictures should be placed face to face, with a thick cloth, such as an old blanket or comfortable between, and may be tied together without further packing or be protected by a crate fashioned from a few boards. Smaller pictures may be packed in bureau drawers between clothing. Mirrors are usually crated if going any distance. Otherwise they may be treated the same way as large pictures.

Books are very heavy, so for this reason they should go into small packing cases

or into barrels. These are easier to handle and there is not so much danger of their being dropped and bursting open as there is of larger cases. Wrap each book in paper and then tie together six or eight books as near one size as possible. Tie with a fairly soft cord and pack as suggested for breakables, surrounding with excelsior and soft paper.

If the books are packed in cases the edges should be placed at the sides of the box, the bindings inward. Line the box with paper and cover with more when filled. Screws are better than nails for securing the top, unless one is very careful to hammer the nails straight in.

Any removable parts of furniture, as mirrors, etc., should be taken off, and casters should be tied together and attached to the article to which they belong. Wrap the legs of chairs, tables, etc., with paper and tie with cord. It is the better plan to engage a professional to attend to the plans.

Lamps, kitchenware and all kitchen utensils should go into barrels. Crushed newspaper makes good packing material for these articles.

Daily Bill of Fare.

MONDAY.

BREAKFAST—Prunes, oatmeal, shirred eggs, rolls, coffee.

LUNCHEON—Croquettes of veal and rice, salad of lettuce and cucumbers, cinnamon rolls, tea.

DINNER—Veal soup, fried blackfish, maitre d'hotel butter, peppers with sweet potato stuffing, beets, tomato salad, chocolate, custard, coffee.

THE LUNCHEON CROQUETTES—Mix together a cupful each of boiled rice and minced veal. Add two tablespoonfuls of chopped mushrooms if you have them, three-quarters of a cupful of white sauce and one beaten egg. Cook for five minutes, and then let it become cold, when it will be stiff and jelled. Form the mixture into croquettes. Dip them into beaten egg and then into dried and sifted breadcrumbs, and fry in fat or lard.

CINNAMON ROLLS—These are quite different from the cinnamon buns sold in bakeries. Prepare a plain roll dough, according to a reliable recipe. Cut it into rolls, and just before folding brush the top surface of each with a mixture of butter, sugar and cinnamon, in about equal quantities. Then, after folding, brush them again with the same mixture. Let them rise and bake them in a brisk oven.

PEPPERS STUFFED WITH SWEET POTATOES—Have ready as many pepper cups as there are persons to serve, and enough hot, mashed sweet potatoes to fill these cups. One sweet potato a cup is usually sufficient, though of course the amount needed is usually determined according to the size of both the peppers and the potatoes. Season the potatoes well with salt, pepper and a little onion juice, and moisten the whole with creamy milk or real cream until it becomes a thick cream paste. If creamy milk is used it is well to add a little butter. After filling the pepper cups, put them into a baking pan, with a little water around them to prevent sticking. When baked until tender, serve hot.

TULLE TRIMMING.

Black tulle, jeweled and embroidered in peacock feather colors and designs, is a novel and effective trimming for hat or gown.

which shows even feeding, and that the animal has not been too rapidly fattened. In the best beef, too, there is a fair proportion of creamy white fat next the surface.

TO BE CONTINUED NEXT SUNDAY.

"JUST HOW TO COOK" TOUGH MEATS

NO. 1.

A SERIES OF "JUST HOW TO COOK" ARTICLES WILL APPEAR IN THIS DEPARTMENT FOR SEVERAL WEEKS. THESE ARTICLES WILL COVER THE SUBJECTS OF COSTLY COOKING AND NUTRITION.

LETTERS FROM READERS WITH FURTHER SUGGESTIONS FOR COOKING AND BUYING WILL BE PUBLISHED ON THIS PAGE.

Probably the average buyer of meat has had his or her prejudices against the cheaper tough cuts aroused by the way they have been cooked. They have not been cooked in the way best suited to them—a way that will make them as delicious as the more expensive cuts. It is a mistake to despise them. As shown in the table given below, there is little difference in the body building materials contained in the various cuts. The flank, the chuck, the neck, the round, the porterhouse and the ribs are all more or less alike in food values. The difference in the composition of the cuts is mainly in the fat each contains, and consequently in their fuel value.

No less an authority than Uncle Sam himself in one of his agricultural reports gives the following table containing the composition and full value of meats:

	Per cent					*Fuel value
Fresh	Refuse	Water	Protein	Fat	Ash	per pound.
Chuck ribs	16.3	62.6	15.5	19.0	0.5	510
Plank	32.3	54.9	17.8	19.0	0.7	1,185
Porterhouse	32.3	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	1,052
Round	32.7	62.4	18.1	17.5	0.5	1,109
Neck	27.6	63.5	14.5	11.9	0.7	1,165
Ribs	28.8	62.8	12.9	21.2	0.5	1,125
Flank	32.5	62.5	16.1	17.5	0.5	